

DECEMBER  
2012

# MACOMB MESSENGER



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DONNA SZYMANSKI, RDH



## HAPPY HOLIDAYS



Greetings!

Well its December... time sure has flown the last few months! We have already had our September and our November meeting and our Annual House of Delegates. This year has seen some big changes, one of the biggest being an increase in dues for Life members. This was a difficult decision at HOD but it was passed because MDHA is trying to avoid future financial hardship.

One statistic that came up at HOD that I wanted to pass along was regarding our membership level in our professional association. Of the almost 10,000 hygienists in the state, about 900 are active members in MDHA... so we have about 10% participation. I know in Macomb we have a strong membership but we too have seen the economy affect our attendance and membership rates. I again pass along the message to hang in there! Macomb and MDHA need your support. We still have an evening meeting in January, and our All Day March Meeting. I would urge you all to attend, and bring a friend or coworker. We all need to reach out.

Since we as a nation just celebrated Thanksgiving, I also wanted to take a moment and reflect on what we have to be thankful for. We are healers and therapists, and we should be thankful for the opportunity we have to help people and positively affect the lives and comforts of others. We can be thankful that we can practice our profession with the protection of proper licensure requirements, a right that is safeguarded by our legislative liaisons and is a direct example of our MDHA dues at work for us. We should be thankful for our own health, our friends and families, and also the ability to spend the holidays with those we care about. It is easy to forget those who protect our freedoms in this country, and I would ask all of you during your holiday celebrations to take a moment to reflect on what is really important. It's not just about gifts or parties, or all night shopping marathons for crazy one day deals. As a profession we enjoy ample time off during holidays to spend doing the things we enjoy, because schedules are condensed or light for many of us. However, that is not the case for everybody...Simple things such as a comfortable bed and being with loved ones are luxuries that are simply not available to many of those in the armed services. I recently have had an opportunity to see firsthand the sacrifices these folks really make. Also on that list are various emergency personnel, police, and fireman who are available 365 days a year and who work right through the holidays like any other day. So as your President, I would like to extend Macomb's gratitude to all of those individuals who have those types of jobs that make things safe for the rest of us, the rest of the time. I also want to wish all of you a safe and happy holiday season. See you in January!

Stephanie Pepka, RDH

MDDHS President

**2012-2013**  
**MDHA BOARD**

**PRESIDENT**

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[MDCRDH2010@YAHOO.COM](mailto:MDCRDH2010@YAHOO.COM)

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PLEASE VISIT

**[WWW.MDHATODAY.ORG](http://WWW.MDHATODAY.ORG)**

FOR UPDATES AND COMPONENT INFORMATION

## Dental Hygienists!

**Expand Your Career Opportunities!**



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**EARN YOUR DEGREE WHILE YOU WORK!**

U of D Mercy's BSDH Program offers:

- Unlimited time commitment
- Full credit for past DH courses
- Curriculum designed to fit your needs

**FOR INFORMATION:**

313-494-6628

Pam Gibes

[GIBESPV@UDMERCY.COM](mailto:GIBESPV@UDMERCY.COM)

Want to save the environment?  
Free up storage space at your office? Donate your lead foils to MDDHS.  
Call Anita Kurtz-Stiltner to arrange a pick-up.  
(586) 294-4658



# CPR-UPDATE

On April 3, 2012 our Macomb component hosted a CPR Renewal class at Olsen's Dental Lab.

There were 13 members and 3 potential members in attendance. Each attendant received Mini CPR mask for their key chain.

After many years of instructing this class for Macomb, Dave Barrios retired from the Clinton Twp Fire Dept at the end of April. Best wishes Dave on your new adventure.

Anita Kurtz-Stiltner RDH/BSDH

Membership Chair

Dave Barrio's and Laura Manning-Lee



Stephanie Pepka and Sandy Franklin



DAVE BARRIOS AND PARTNER



JULIE RIZEK,





### UNIVERSITY OF DETROIT MERCY STUDENT MEMBER INFO FOR FALL 2012

ONCE AGAIN THE HYGIENE STUDENTS AT THE UNIVERSITY OF DETROIT MERCY ARE ON TOP OF THE COFFEE SALE! THEY HAVE OUT SOLD THE STATE FOR ANOTHER YEAR. THE STUDENTS SOLD 108 BAGS OF COFFEE THIS YEAR WHICH IS MORE THAN HALF OF ALL COFFEE SOLD. CONGRATS TO THE UDM STUDENTS!

IN JANUARY THE DENTAL HYGIENE II STUDENTS WILL BE ENTERING THEIR LAST SEMESTER HERE AT UDM AND WILL NEED TO INTERVIEW A PRACTICING HYGIENIST. IF YOU ARE INTERESTED IN SHARING YOUR STORY AND WORK ETHICS WITH THEM PLEASE CONTACT MARGE BUEHNER AT [BUEHNEMJ@UDMERCY.EDU](mailto:BUEHNEMJ@UDMERCY.EDU). SHE WILL BE ABLE TO GIVE YOUR INFO TO ANY STUDENTS' WHO MAY NEED IT.

### CPR REFRESHER COURSE FOR HEALTH CARE PROVIDER the American Heart Association

MDDHS is once again offering their annual re-certification of BLS for the Healthcare Provider

**APRIL 2013**

**EXACT DATE TBD**

**CLASS BEGINS PROMPTLY AT 6:00PM** (runs approx 2 ½ to 3 hours)

COST \$25.00 FOR MEMBERS OF ADA, ADHA, ADAA or NDHA

ALL OTHERS \$40.00

OLSON'S DENTAL LAB at 16404 19 Mile Road Clinton Twp.

THE AMERICAN HEART ASSOCIATION REQUIRES YOU MUST HAVE YOUR OWN CPR MANUAL FOR THIS CLASS. IF YOU DO NOT HAVE THE CURRENT MANUAL YOU ARE ABLE TO PURCHASE ONE THE NIGHT OF THE CLASS. THE COST FOR THE MANUAL IS \$10.00.

## MY HOD EXPERIENCE

THIS YEAR, I WAS HONORED TO BE A MDHA HOUSE OF DELEGATES REPRESENTATIVE FOR OUR MACOMB DISTRICT AT THE GRAND TRAVERSE RESORT MEETING. IT WAS CERTAINLY AN EYE-OPENING EXPERIENCE TO SEE HOW RESOLUTIONS AS THEY RELATE TO DENTISTRY ARE AMENDED OR DENIED. THIS EXPERIENCE HAS MADE ME APPRECIATE SOMETHING THAT MY HUSBAND HAS ALWAYS TOLD ME: "EVERY WORD MEANS SOMETHING". THE MEANING OF A SENTENCE OR A PARAGRAPH CAN COMPLETELY CHANGE BY ADDING OR DELETING A WORD HERE OR THERE. MOST IMPORTANTLY, I LEARNED THAT OUR ASSOCIATION REALLY DOES HELP PROTECT OUR LICENSURE AND IMPLEMENTS NEW IDEAS FOR THE FUTURE. I ONLY HOPE AND PRAY THAT MORE HYGIENISTS WILL BECOME INVOLVED IN THE PROCESS AND NOT WAIT AS LONG AS I DID.

MARY SPATAFORA

VICE PRESIDENT, MDDHS

Going to 2012 HOD was a great experience. It has been many years since I have attended as a delegate; although once I was there it seemed like yesterday. I recognized many of the same hygienists, still dedicated to our profession.

Resolving to amend or adopt new Bylaws and Resolutions to our MDHA was our main task. Some resolutions were adopted to retain our convictions, but written in a positive statement using advocates instead of opposes. Others were to put us in line with ADHA policies. The Bylaw to increase life membership dues was very disappointing. It's a shame that revenue for MDHA needs to be generated this way. Our declining MDHA member status, below 700, puts the financial responsibility on the active members. More members would lessen the dues for all. Hopefully in the future we'll vote to amend life membership dues and give back to those dedicated for many years.

Thanks for the opportunity to represent Macomb at 2012 HOD.

Sincerely,  
Debora Szymanski

# FYI

## RETIRED MEMBERS

PLEASE REMEMBER THAT WHEN YOU RETIRE AND YOU NO LONGER WISH TO KEEP YOUR LICENSE, YOU DO NOT NEED ANY CONTINUING EDUCATION CREDITS (CE'S) OR CPR. YOU SIMPLY DO NOT RENEW YOUR LICENSE WHEN THE 3 YEAR FORM IS SENT TO YOU BY THE STATE.

HOWEVER, IF YOU FILL THAT APPLICATION OUT, MAIL IT IN, AND DO NOT FULFILL YOUR CE REQUIREMENTS, YOU ARE BREAKING THE LAW. IF YOU ARE AUDITED AND YOU HAVE NOT FULFILLED YOUR CE REQUIREMENTS YOU COULD BE BROUGHT UP ON CHARGES AND FINED FOR DOING THIS BY THE MICHIGAN BOARD OF DENTISTRY.

## LIFE MEMBERS

AS OF NOVEMBER 1, 2012, LIFE MEMBERS HAVE A CHANGE IN THEIR DUES ASSESSMENT. THE 2012 HOUSE OF DELEGATES VOTED TO INCREASE YOUR MICHIGAN PORTION OF YOUR DUES FROM **0 TO 50%**. IN ENGLISH:

NATIONAL DUES: \$175.00

STATE DUES: \$ **49.00**

LOCAL DUES: \$10.00

**TOTAL DUES \$ 234.00**

## MEMBERSHIP RECOGNITION

The Macomb District Dental Hygienist Society's Membership Committee would like to recognize our valuable members for their years of membership. If you are celebrating 5, 10, 15 or 20 years of ADHA/MDHA membership please provide name, credentials and the years of membership. MDDHS would like to acknowledge you in our next edition of the Macomb Messenger.

Please fill out the information below and return to:

Anita Kurtz-Stiltner, RDH 31569 Eveningside Dr. Fraser, MI 48026

Or e-mail your information to [anitafloss@yahoo.com](mailto:anitafloss@yahoo.com)

Member name \_\_\_\_\_



# **31<sup>st</sup> HOUSE OF DELEGATES**

## **Trustee Report/HOD Report 2012**

The Michigan Dental Hygienists' Association 31<sup>st</sup> Annual House of Delegates took place on October 19-21 in Traverse City. Macomb was well represented and I would like to thank our Delegates, Stephanie Pepka, Mary Spatafora, Becky Domagalski, Debora Szymanski, Kim Amico, and Donna Szymanski on a job well done. There were 4 Bylaws and 14 Resolutions. You can go to MDHAtoday.org for current bylaws and resolutions. The Bylaw that I would like to inform you all about is Life Members are now required to pay 50% of their state dues whereas before they didn't pay state dues this was something that had a lot of discussion. Our delegates also voted on new officers and delegates to ADHA.

We recognized Stephanie Pepka as our Hygienist of the Year for Macomb and Sandy Franklin got the Life Member Award to MDHA. Congratulations to the both of them.

The University of Detroit Mercy did a presentation on a pilot program: The Restorative Dental Hygienist at the HOD meeting. There will be a pilot program starting at the University that will give an RDH training to place Class I fillings such as occlusal amalgam fillings. There is still more research being done on this program and they did not specify a date when this will be starting.

Overall HOD went well and smoothly. MDHA will be celebrating its 90<sup>th</sup> Anniversary next year. There will be a celebration happening at HOD 2013 which will be in Lansing **October 18-20, 2013**. I encourage you all to come and celebrate being part of your profession.

ADHA Annual Meeting will be in Boston next year which we will be celebrating the 100<sup>th</sup> Anniversary of ADHA on **June 17-27<sup>th</sup> 2013**.

I just attended the BOT meeting on December 9<sup>th</sup>, 2012. It was a combined meeting with Trustees and Council Chairs. We reviewed MDHA Strategic Plan and made necessary changes which will be found on the MDHA website. We will be making revisions to the Policy and Procedure Manual if anybody wants to make necessary changes please let me know; again these can be found on website under members section.

MDHA is currently researching to make up a bill to let RDH give prescriptions such as fluoride and chlorhexidine and possible prophylactic antibiotics; research still needs to be done on this before we go forward.

MDHA is in need of an Editor; also next year a new Treasurer and VP is needed so this would be a great time to be more involved in your association.

MDHA received a legislative grant of \$5000. That will be used for legislative blitz, luncheon and other needs.

We will be doing more Poker tournaments to help MDHA next one is at Big Beaver Tavern will be In **August 23-26<sup>th</sup> 2013**. MDHA will continue the coffee sales next year. This year's profit was \$817. BOT also decided to sell RDH rhinestone pins as a fundraiser.

MDHA Legislative Blitz will be on **February 13<sup>th</sup> 2013**.

MDHA Legislative Luncheon will be on **May 8<sup>th</sup> 2013**.

MDA/MDHA Joint Session will be on **April 18-19<sup>th</sup> 2013** in Novi, MI

The Next BOT meeting will be **February 9<sup>th</sup> 2013**. If any of you would like to come as a guest with me your more than welcome feel free to contact me.

Please sign up for E-membership which is free to members and nonmembers. Just go to MDHA website to sign up mdhatoday.org to keep up with our professional organization.

Happy Holidays with Warm Regards  
Saska Vitanoski your Macomb Trustee



Pain  
MANAGEMENT

# JANUARY DINNER MEETING

THURSDAY JANUARY 31, 2013

## ORAL SURGERY/ORAL CANCER TREATMENT

**JOSEPH ALAMAT, D.D.S.**

**Dr Alamat** completed his dental education at the University of Detroit. He then went on to Wayne State University to complete his medical degree. He did a residency at Sinai Grace Hospital and has been in private practice at Summit Oral and Maxillofacial Surgery since 2001. Dr Alamat enjoys practicing the full scope of oral and maxillofacial surgery with a particular interest in the medically compromised patient. He also shows a particular interest in facial pain and lectures on pain management for the MDA and dental societies. Dr Alamat is board certified in oral and maxillofacial surgery. He is also pursuing certification in anti aging medicine and is a member of the American association of Pain Management.

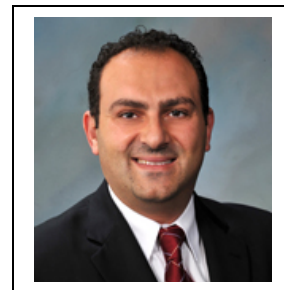
Lecture: Medical issues for the Dental Practitioner

Objectives include:

- 1-Learning the most commonly prescribed medications in the United States
- 2-Review of common medical problems and dental implications
- 3-Review of cancer patients and immune compromised patients and dental management
- 4- Review of osteoporosis and recommendation for treatment. PTH therapy Vs bisphosphonates Vs Serms Vs immunoglobulin therapy
- 5- Review of DMARDS (disease modifying anti rheumatic drugs) and implications for dentistry
- 6-Red flags in the dental practice

Dinner  
Fiesta Night!!  
Taco Bar/Nachos/Dessert

**\$30.00 Members**  
**\$55.00 Potential Members**  
**\$ 10.00 Students**  
**6:00PM**



**DR. JOSEPH ALAMAT**

Name\_\_\_\_\_Address\_\_\_\_\_

Phone\_\_\_\_\_ADHA#\_\_\_\_\_Member\_\_\_\_\_

Amount\_\_\_\_\_ **MAKE CHECKS PAYABLE TO: MDDHS**

**MAIL TO: MARY SPATAFORA , RDH**  
**20007 BLACKFOOT DR.**  
**CLINTON TWP. , MI. 48038**

**ALL REGISTRATIONS DUE 7 DAYS PRIOR TO EVENT**



# 2012 MICHIGAN DENTAL HYGIENISTS' HOUSE OF DELEGATES

## MACOMB DELEGATES AT WORK



Mary Spatafora, Becky Domagalski, Stephanie Pepka, and Saska Vitanoski



Kim Amico, Beth Nicely, District V Trustee, Stephanie Pepka and Brenda Marriott



Mary Spatafora, Becky Domagalski, Stephanie Pepka, Student Sunnie Stewart, Debora Szymanski, Saska Vitanoski, student, Denise Guadiana



Brenda Marriott and Sandy Franklin



Mary Spatafora, Donna Szymanski, Debora Szymanski, Stephanie Pepka, Becky Domagalski, Saska Vitanoski, Sandy Franklin

# MACOMB ALL DAY SEMINAR

## MDDHS IS PROUD TO PRESENT:

### CHRIS JOHNSON--"ON TARGET LIVING"

Concorde Inn, Clinton Township  
9:00 AM–4:00 PM 6 CEU's

MARCH 22, 2013

Members \$90.00

Potential members \$150



Chris began his career working for Butternut Bread and Frito Lay delivering white bread, cupcakes and potato chips. This kicked off his training ground for learning the science behind navigating the grocery stores. While working in this arena, Chris finished his Master's degree at Michigan State University in Exercise Physiology before going on to help build one of the largest personal training programs in the world at the Michigan Athletic Club.

It was during personal training sessions that Chris realized many of his clients lacked the basic understanding of health and nutrition. So he began hosting seminars, educating on the benefits of eating whole foods and the importance of rest and rejuvenation. Chris Johnson works extensively with top performers in the world of financial services and has spoken to thousands of financial advisors, investment associates, and client associates across the country.

In 2006, after 25 years and 17,000 one-on-one personal training sessions, Chris started his company, **On Target Living**. **On Target Living** is a program designed for living a life in balance, with energy and vitality.

In his spare time, Chris has authored several books, produced exercise DVD's, and masterly crafted his signature product "The Food Target". As the CEO and founder of On Target Living, Chris currently travels around the world educating and empowering people to take small steps...one day at a time in order to live life optimally and to the fullest!

Visit the **On Target** web site at: [www.ontargetliving.com](http://www.ontargetliving.com)

Let's all learn to make healthy choices and get **On Target**, on March 22, 2013

Name \_\_\_\_\_ Address \_\_\_\_\_  
Phone \_\_\_\_\_ ADHA# \_\_\_\_\_ Member \_\_\_\_\_

MAKE CHECKS PAYABLE TO: MDDHS

MAIL TO: MARY SPATAFORA, RDH  
20007 BLACKFOOT DR., CLINTON TOWNSHIP, MI. 48038  
**ALL REGISTRATIONS DUE 7 DAYS PRIOR TO EVENT**

MEMBERS ALL DAY \$90.00  
MEMBERS 1/2 DAY \$45.00  
POTENTIAL MEMBERS  
\$150.00 ALL DAY  
\$80.00 1/2 DAY

Continental  
Breakfast  
**Lunch**  
Lenten  
Special/Chicken  
Sweet Table  
Snack Bar-Mid  
Afternoon  
  
ALL SESSIONS  
RECIEVE LUNCH

## CANCELLATION POLICY

Just a reminder:

IF YOU CANCEL FOR A PAID SEMINAR, THIS IS WHAT HAPPENS

**Minus \$5.00 if cancelled at least 7 days before seminar, OTHERWISE, YOU FORFEIT THE MONEY. This is due to the fact that we gave a head count for food and we are held responsible. Thanks for your cooperation.**



My Dear Colleagues

May you and your families have a blessed, peaceful, and joy-filled Holiday Season! I look forward to a prosperous 2013! :-).

Mary Spatafora, RDH

Vice President, MDDHS

*Congratulations!*



SANDY WATKINS AND GRANDDAUGHTER  
NATALIE

CONGRATULATIONS TO  
STEPHANIE PEPKA FOR BEING  
MACOMB'S HYGIENIST OF THE  
YEAR!



VISIT OUR WEBSITE

[HTTP://MDDHS.TRIPOD.COM](http://MDDHS.TRIPOD.COM)

FOR WEBSITE CONCERNS CONTACT  
WEBMASTER JENNIFER SUMINSKI  
AT  
JEN\_SUMINSKI@YAHOO.COM

### 2011-2012

### MDDHS Treasurer's Year End Repot

Income:	
Dues Revenue	\$880.00
Non Dues Revenue	\$10,485.00
Expenses:	
Officers	\$391.92
Seminars	\$6,614.04
Scholarship Committee	\$1,028.05
House of Delegates	\$1,600.04
Website	\$59.40
Heartfelt Project	\$1,141.97
Coffee Sales	\$128.00
Miscellanies	\$634.00
Contributions:	
Institute for Oral Health	\$200.00
Tri County Dental Health	\$200.00
Turning Pointe	\$100.00
Summer Earl	see next page
\$100.00	
Total Income	\$11,365.00
Total Expenses	\$11,597.42
Net Gain	<del>\$</del> -232.42

Respectfully Submitted,

Laura Gintner, RDH, BS  
MDDHS Treasurer

# SUMMER EARL

## FUNDRAISER

### PASTA DINNER & SILENT AUCTION

Dear Sir or Madam:

Hosted by family and friends, we are sponsoring a Pasta Dinner with a Silent Auction and Bake Sale to benefit Summer Earl. Summer is an 8 year old resident of Romeo. Summer currently attends Hevel Elementary and is in the third grade. She lives with her mom and four siblings.

Summer was diagnosed with brain stem glioma – a cancerous brain tumor located on the stem of the brain. Summer has been unable to attend school due to her failing health. The brain tumor has already affected her speech and her ability to walk and she is currently using a wheelchair. Her mother, Sheniqua (Nikki) Earl, has many expenses related to Summer's care and daily trips to downtown Detroit for Summer's radiation. Summer will endure six weeks of daily radiation then Chemotherapy immediately following that. Our goal is to help her family defray some of the costs incurred for Summer's care.

This event is scheduled for Saturday, December 1, 2012 from 4:00 to 8:00 p.m.

Tickets for this event are \$10 per person, children under eight are free. This fundraiser is being held at Romeo-Washington-Bruce Parks and Recreation, 361

Morton St., Romeo, MI 48065. We hope you are able to share this day with us;

however, if you are unable to attend, Silent Auction items and donations are

needed and greatly appreciated. Any donation checks can be made payable to

Sheniqua Earl and can be mailed 215 Alberta Ct, Romeo, MI 48065.

All proceeds from this event will be donated to Summer and her family.

Thank you in advance for your kindness and support!

Sincerely,

Judy Secord

(586) 770-0312

**\*\*Make any checks payable to Sheniqua Earl\*\***

**Checks can be mailed to: 215 Alberta Ct, Romeo, MI 48065**

**Saturday, December 1, 2012 4:00 p.m. to 8:00 p.m.**

*Romeo-Washington-Bruce*

*Parks & Recreation*

*361 Morton Street, Romeo, MI 48065*

- Ticket Price - \$10.00 adults (pasta, salad, roll, beverage)

- Children 8 & under – no charge

- Silent Auction to conclude at 7:00 p.m.

\*Tickets also available at the door – Carry-out is also available\*

For tickets, please contact:

Judy Secord (586) 770-0312 Shannon Emerick (586) 634-1014 Lindsay Middleton (586) 741-1637 Natalie Bedford (586) 604-7856

[fundraising4summer@yahoo.com](mailto:fundraising4summer@yahoo.com)



**MACOMB  
DISTRICT  
DENTAL  
HYGIENE  
SOCIETY**

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SANDY FRANKLIN, RDH  
MDDHS EDITOR  
22340 ST. GERTRUDE  
ST. CLAIR SHORES, MI.  
48081



**December  
2012**

***About Our Organization...***

It all started with a handful of women in someone's living room. A common interest brought them together - dental hygiene. Together, they formed the Macomb District Dental Hygienists Society. Their goal: to increase knowledge through continuing education courses, better community involvement, and simply enjoy the camaraderie. LOOK AT WHAT WE HAVE TODAY!!!

- MID DECEMBER — PICK UP COFFEE ORDERS/ PLACE TBD
- JANUARY 31, 2013 "ORAL SURGERY/ORAL CANCER" DINNER MEETING CONCORDE INN
- FEBRUARY 1, 2012 NEWSLETTER SUBMISSION DEADLINE
- MARCH 22, 2013 ALL DAY SEMINAR @ CONCORDE INN
- MDDHS/MDDS JOINT MEETING FERN HILL MARCH 20, 2013
- APRIL 2013 CPR REFRESHER COURSE AT OLSEN'S DENTAL LAB
- AUGUST 1, 2012 NEWSLETTER SUBMISSION DEADLINE

PLEASE REPORT ANY NAME OR ADDRESS  
CHANGES TO  
MI BOARD OF DENTISTRY @ 517-335-0918  
AND  
ADHA @ 1-800-243-ADHA

**SAVE THE DATE**

**MDS/MDDHS JOINT MEETING**

**Wednesday March 20, 2013**

Fern Hill Country Club  
17600 Clinton River Rd, Clinton Twp

Speaker: TBD

Visit [WWW.MACOMBDENTAL.ORG](http://WWW.MACOMBDENTAL.ORG) for updates